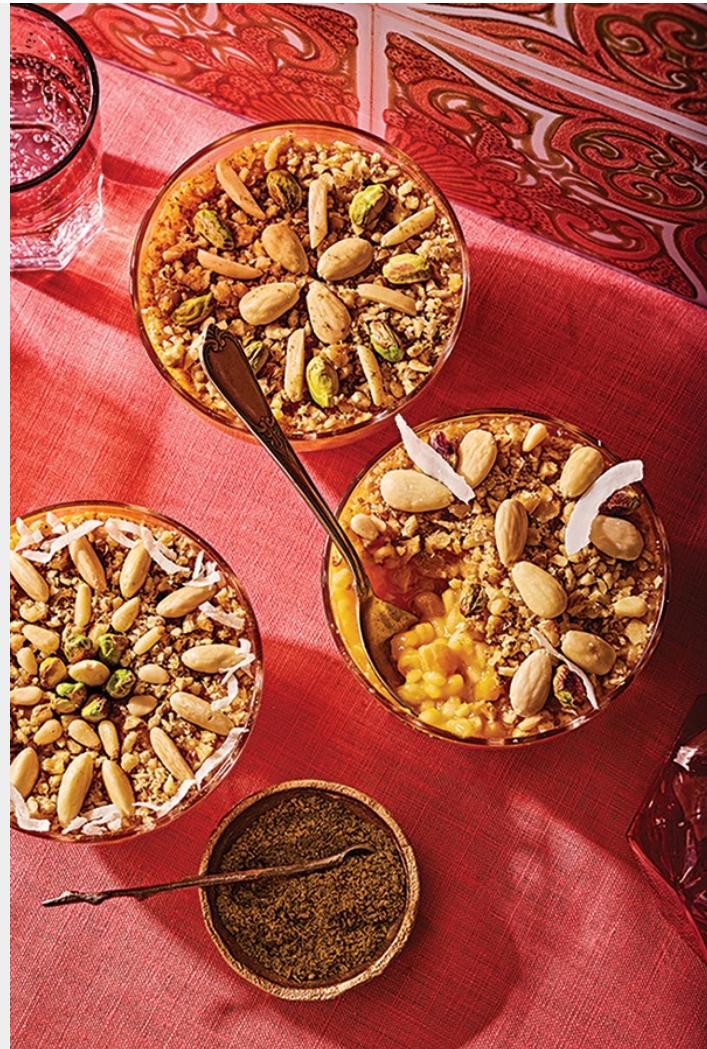


# BURBARA - MEDITERRANEAN DISH

Posted on December 16, 2024 by admin



## ingredients

### Porridge:

- 1¼ cups pearl barley
- 4 cups water
- 1 tsp baking soda

- 1 cup sultana raisins
- 2 cups boiling water
- 400 g dried apricot paste
- 5 cups boiling water
- 2 tsp ground aniseed

**Garnish:**

- 2 tbsp ground aniseed
- 1 tsp ground fennel
- ½ cup shredded coconut
- ¼ cup slivered almonds
- ¼ cup pine nuts
- ¼ cup chopped walnuts
- ¼ cup chopped pistachios

**instructions**

1. In a large bowl, combine 4 cups of the water with the barley. Add the baking soda and stir until dissolved. Let stand for 15 minutes, and then rinse and drain the barley.
2. Fill a pot with 8 cups of water. Add the rinsed and drained barley and bring just barely to a boil on high heat. Reduce the heat to medium, and cook the barley until tender, about 45 minutes. Drain and keep warm.
3. In a small bowl, soak the raisins in 2 cups of boiling water for 30 minutes until plump. Drain and set aside.
4. In a large pot over medium-low heat, bring the remaining 5 cups of water to a boil. Add the apricot sheets and cook, stirring frequently, until the sheets have dissolved, about 15 minutes. Stir in the prepared raisins, the cooked barley and the aniseed until well combined. Cook until the mixture has thickened, about 20 minutes.
5. Divide the porridge among individual serving bowls. Sprinkle with ground aniseed, fennel and coconut, and decorate with the nuts of choice in any pattern your heart desires. Have fun with it and enjoy!



